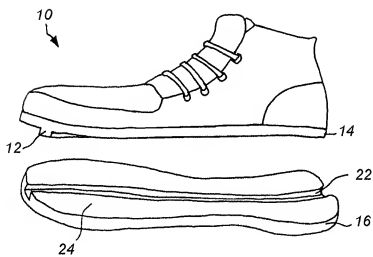
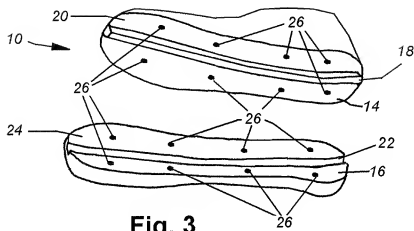


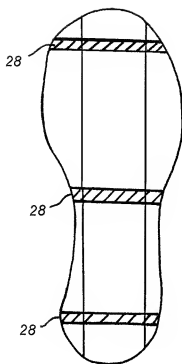


**Fig. 1**

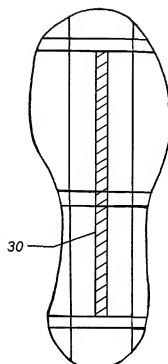


**Fig. 2**

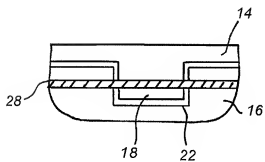




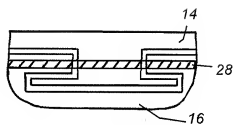
**Fig. 4**



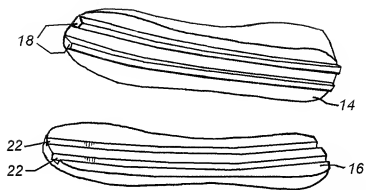
**Fig. 5**



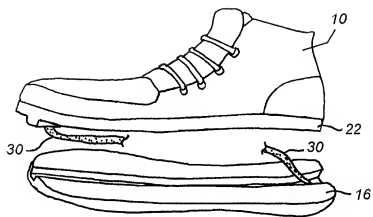
**Fig. 6**



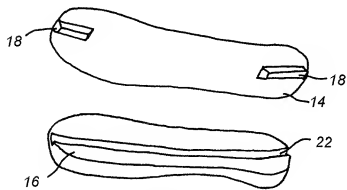
**Fig. 7**



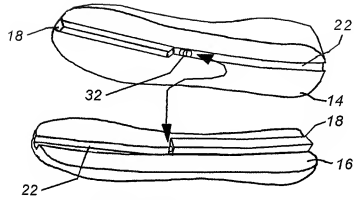
**Fig. 8**



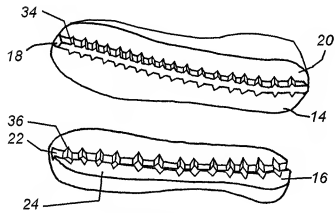
**Fig. 8**



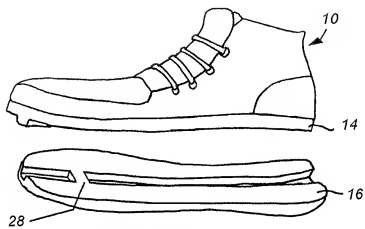
**Fig. 9**



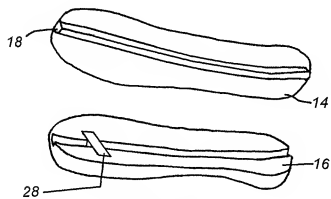
**Fig. 11**



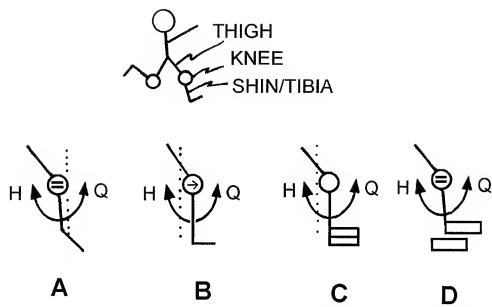
**Fig. 12**



**Fig. 13**



**Fig. 14**

**Fig. 15**




	QUADRACEPS	HAMSTRINGS	CENTER OF GRAVITY OF BODY	TRANSLATION FORCE ON TIBIA	FOOT	KNEE
NORMAL STOPPING	NORMAL FIRING/ CONTRACTION	NORMAL FIRING/ CONTRACTION	IN FRONT OF KNEE	EQUAL QUAD/HAM CONTRACTION -NO ANT./POST-FORCE	FIXED ON FLOOR	NO INJURY
NONCONTACT ACL INJURY	MAXIMAL FIRING/ CONTRACTION	NORMAL FIRING/ CONTRACTION	BEHIND KNEE	UNBALANCED QUAD/HAM CONTRACTION; LEADS TO ANTERIOR FORCE	FIXED ON FLOOR	ACL TEARS
INJURY PREVENTING SHOE SOLE	MAXIMAL FIRING/ CONTRACTION	NORMAL FIRING/ CONTRACTION	BEHIND KNEE	UNBALANCED QUAD/HAM CONTRACTION; NO ANT./POST. FORCE SINCE FOOT NOT FIXED	RELEASES ALLOWING LEG TO EXTEND	NO ACL INJURY

FIG. 16

